

Southside Medical Reserve Corps Newsletter

Protect the Ones You Love! Vaccinate your Pets!

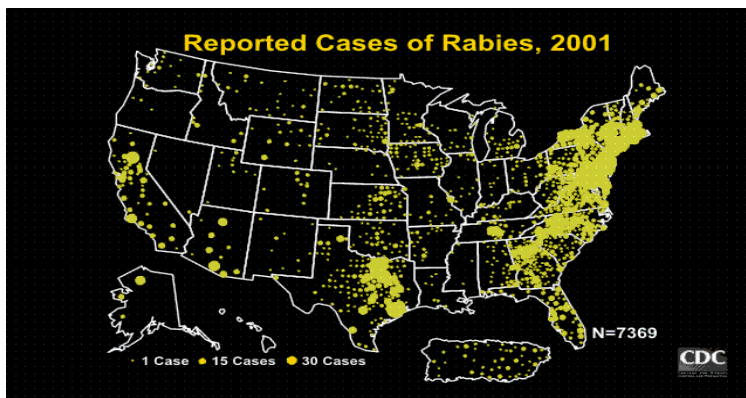
During the spring and summer, you and your family will spend more time outdoors, increasing your chances of contact with wild or stray animals. Please enjoy all wild and stray animals from a distance, even if they seem friendly. These animals may carry diseases, including rabies.

Rabies is a deadly disease, caused by a virus that attacks the nervous system. You can become infected with rabies through the bite of an infected animal or by getting saliva from an infected animal into your eyes, mouth, or an open wound. If left untreated, the disease will progress, affect the nervous system and brain, and is almost always be fatal.

If you have been bitten by a stray or wild animal, wash the wound immediately and seek medical attention. Try to identify the animal before it runs away.

DO NOT try to pick up or catch the animal. Contact your local animal control, veterinarian or health department for advice.

As you can see from the picture, rabies is endemic in the East Coast. In Virginia, there were a total of 637 confirmed animal rabies cases in 2006.



The good news is that there are steps you can take to protect yourself and your family.

- Avoid contact with wild animals, especially bats, skunks, foxes and raccoons.
- Keep your pets vaccinated. There is little or no protection with expired vaccinations.
- Limit exposure by keeping your animals on your property. Don't let pets roam free.
- If your pets come in contact or fights with a wild or stray animal, call your veterinarian as soon as possible.
- Don't leave garbage or pet food outside; it may attract wild or stray animals.

MRC Volunteer Stumping for Home Preparedness

One of our MRC Volunteers, Dr. Julius M. Hite, DVM, recently presented public health information to about 15 members of his church in Kenbridge, VA. Dr. Hite delivered a one hour talk on epidemiology and home preparation for a



possible flu pandemic. He related preparing and helping each other to the Bible, 1 John 4:11 as the theme for his presentation: "Beloved, if God so loved us, we ought also to love one another."

He used humor, history, and his own experience with communicable diseases in his veterinary practice to explain the basic principles of

Epidemiology. He had previously attended two MRC trainings on Epidemiology conducted by the Southside Health District; Epidemiologist, Naja Eldanaf.

Then he compared and contrasted the impacts, and potential for outside assistance, between a natural disaster (such as a hurricane) and a pandemic.

Dr. Hite concluded that each local community needs to prepare for the possibility of a worldwide outbreak of a highly-infectious virus which may overwhelm health-care facilities and require the need for staying-at-home (isolation.)

He said that the local church can be used in a time of emergency to organize volunteer assistance to church members with special needs and to the surrounding community.

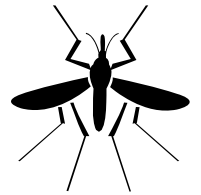
We solicit MRC volunteers to make similar presentations.

Tips Galore for Sun and Fun

Warm weather means fun in the sun and lots of outdoor activities taking over our families and lives. Bike riding, playing sports, camping and hosting barbecues rule the day. Coincidentally, it's the time of more injuries.

Recommendations for everyone

- Drink plenty of water while you're outside. Heat exhaustion and stroke can happen quickly.
- Avoid drinking alcohol if you're going to be in the sun.
- Use sunscreen with at least SPF-15 rating. Reapply sunscreen at least every two hours; if swimming, reapply after you get out of the water.
- Spend less time in the sun during peak hours of 10 a.m. – 3 p.m.
- Never carry children on a riding mower.
- Never bring charcoal grills indoors. Burning charcoal produces deadly carbon monoxide.
- When cooking outdoors with a gas grill, check the air tubes that lead into the burner for any blockage from insects, spiders, or food grease. Check grill hoses for cracking, brittleness, holes, and leaks.
- If you ever detect a leak, immediately turn off the gas at the tank and don't attempt to light the grill until the leak is fixed. Newer grills and propane tanks have improved safety devices to prevent gas leaks.
- Avoid mosquito bites by wearing long sleeves and pants. Use insect repellent containing DEET when outdoors.



Play Safety Tips



- Wear a helmet and other safety gear when biking, skating and skateboarding, and when riding scooters, all-terrain vehicles, and horses. Studies on bicycle helmets have shown they can reduce the risk of head injury by as much as 85 percent.
- Use softer-than standard baseballs, safety-release bases and batting helmets with face guards to help protect kids from injuries.
- Child proof old refrigerators, freezers, chests, picnic coolers and warn children not to play inside of them. Children can suffocate inside these.
- Make sure bikes are the correct size for the rider, have good brakes, a front light and effective reflecting material. Wear closed shoes when riding a bike.
- Make sure the soccer goal is anchored securely at all times.
- Safe proof your home playground. Falls cause 60% of playground injuries, so having a safe surface is critical. Use at least 9 inches of wood chips or mulch.
- Never allow anyone to climb on the net or goal framework or hang from the cross bar.



National Incident Management System (NIMS)

All personnel with a direct role in emergency response, preparedness and incident management are required to complete at least NIMS IS-700. IS-700 NIMS is the introductory awareness level course that explains NIMS components, concepts and principles.

This is a system, mandated by the president, provides a consistent nationwide approach to government agencies and nongovernmental organizations to work effectively and efficiently together to prepare for, respond to, and recover from domestic incidents. All responders and volunteers will be working from the same page.

We really want all the volunteers in the SMRC to have this basic knowledge and to attend one of the NIMS classes. We will provide several classes in this course in April and May. Check out the calendar and pick a date that is convenient to you.

Emergency Asset in Southside

Halifax Regional Hospital (HRH) received one of the Central Virginia Stabilization and Treatment in Place (STIP) units, commonly referred to as a mobile Emergency Department. The STIP units are deployed around the state at various hospitals. Southside is lucky to have one located in South Boston to serve the medical needs of the surrounding area.

A STIP unit is a rapidly deployable infrastructure system designed for medical or sheltering use in the field. The STIP is capable of providing a level of care similar to a small emergency department (without radiology capability.) It has a full arsenal of trauma and medical supplies and is capable of treating 300 patients in 72 hours. The STIP is self-sufficient with its own electrical, heating and air conditioning and water supply. Many similar models are currently deployed with our U.S. Armed Forces to Iraq and Afghanistan. The Southside STIP is one of only 5 models in the entire state. You can find more information about the STIP on the manufacture's website, www.base-x.com.

Why Do This?

Setting up and running the STIP will provide volunteer training and familiarization to the unit; quick access to a high level of care at no cost to the patients; will showcase healthcare's disaster preparedness capabilities and promote and gain support for the STIP concept from other healthcare providers, executives and dignitaries.

Kirby Saunders, the Emergency Management Coordinator for HRH, wants to train a cadre of volunteers who could be available to work in the STIP if it is deployed in an emergency. Training and experience working in such a unit is critical to being able to use the STIP.



Training Day

Kirby Saunders will hold a half-day STIP training in the morning on May 25. The training will consist of learning how to deploy and establish the STIP, which includes physically erecting the tents. Participants will be educated on the capabilities, supplies and working environment of the STIP and will experience hands-on practice with the equipment. The training will conclude with education of the medical diagnostic tools that are included, such as a cardiac monitor (EKG), blood sampling and testing equipment and basic maintenance requirements of the structure. **Call Kim at 434-738-6545, if you want to come to this!**

Become a STIP Team Member



Dates	<u>Training & Location</u>	<u>Time</u>
Apr 30	National Incident Management System (NIMS) Meadowview Terrace	3 PM
May 21	National Incident Management System (NIMS) Halifax Health Dept. Conference Room	6 PM
May 25	STIP Training, Mecklenburg Rescue Squad Hwy. 15 S, Clarksville, VA	AM
June 18	Awards Ceremony Meadowview Terrace, Buffalo Road, Clarksville, VA	6 PM
June 25	TBA CMH Ed. Center, Room 103	3 PM
June 26	Introduction to Chemical, Biological & Radiological Agents Halifax Regional Hospital	6PM



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